



Berryessa Community Center

3050 Berryessa Rd., San José 95132

Phone: 408-251-6392

Fax: 408-251-7687

Bus Line: 64

Types of Programs: Adapted recreation, fee classes, rentals, senior programs, senior nutrition, youth programs and special events.

ARTS AND CRAFTS

"Mommy and Me" Art Time - **New** \$68

Share creative moments with your toddler as we make unique artworks. Your child will enjoy letting loose in a creative environment and you will learn to explore your own creativity as well. An adult must accompany registered child to class. Daddies welcome too! **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.103	T	1/23-2/27	11-11:45am	2-5	6	BPC
212.3.104	T	3/6-4/10	11-11:45am	2-5	6	BPC

Art at the Park - **New** \$48

Come and play, create art projects, and make new friends! Join us for a fun-filled hour of art, crafts, music, and movement. Each class ends with circle time activities. Food is provided for any cooking project. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Viet Tran

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.106	Sa	1/20-2/10	2-3pm	6-12	4	BPC

Children's Art Workshop - **New** \$68

Fall is a great time for children to explore their talents. This class will offer many opportunities to learn new techniques using different art mediums which will draw out the artist in all children. Most materials will be provided. Some recyclable materials will be required from home and requested as needed to complete a project. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.107	T	1/23-2/27	3:30-4:30pm	6-9	6	BPC
212.3.108	W	1/24-2/28	3:30-4:30pm	10-12	6	BPC

Claymania - **New** \$68

Turn your imagination into clay! We will be creating colorful, unique, creative clay projects that you can wear and share! Students will learn basic techniques in clay sculpting. Projects include: bowl, animal sculpture, jewelry, pins (for hats and backpacks), pencil holder and many more! **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

No Class 2/19

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.109	M	1/22-3/18	3-4pm	8-12	6	BPC

Color Swirls - **New** \$48

This fun educational class will offer children the opportunity to learn about color mixing, color techniques and combinations. They will learn the importance of the use of color and how to add great interest and impact to their future drawings and paintings. Children will have fun learning about various natural mediums to create color and learn how natural objects are used today to create beautiful colorful artwork throughout the world.

Location: BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Viet Tran

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.110	Sa	1/20-2/10	11:15am-12:15pm	6-12	4	BPC

Cool Cartoon Drawing 1 - **New** \$48

This class will teach the elements of telling stories with pictures. Students will learn basic cartooning, drawing, painting, and story telling. They will learn to write, draw, paint and self-publish their own comic books. Children will have fun expanding their imagination. This class will require additional basic supplies to be purchased by the student after the first class meeting. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Viet Tran

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.111	Sa	1/20-2/10	12:30-1:30pm	6-12	4	BPC

Creative Masterpieces - **New** \$48

Students will learn to draw using a variety of fun media: crayons, pastels, pencils, ink, etc. Basic design, figurative drawing, expressionism and realism will be covered. Students take home one "masterpiece" per session. A \$5 supply fee is payable to the instructor in class.

Instructor: Viet Tran

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.114	T	1/23-2/13	6:30-7:30pm	8-12	4	BR

Experiment with Art - **New** \$48

You will have access to a large buffet of styles used by different artists. We will be exploring different techniques and trying out different mediums. We will go from collage, three dimensional building, painting, and surface treatment styles. Discover different talents about yourself while learning about famous artists. This class is fun and educational. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Viet Tran

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.115	Sa	1/20-2/10	9:45-10:45am	6-12	4	BPC

Jewelry Fundamentals - **New** \$28

This class is packed full of information on bead, stringing, layout, design, tools, earring construction and jewelry repair. If you have broken necklaces or earrings at home in need of repair or just want to learn how to make jewelry inexpensively, this class is for you. Instructor will also share with you suppliers and where to find them at 40-50% off retail.

Instructor: Thompson

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.116	Sa	2/3	10am-12pm	18+	1	BR
212.3.117	Sa	3/24	10am-12pm	18+	1	BR

Berryessa Community Center continues on the next page



ARTS AND CRAFTS

Learn to Sew and Sew for Fun – **New** \$60

Join us for a workshop offering simple, easy sewing methods and techniques. Instruction individualized and supervised with group demonstrations. 3 to 4 projects will be made in class. Sewing Machine not required for this hands on stitching class. Field trip to fabric store will be scheduled after first class meeting. \$8 Lab fee required, payable to instructor.

Instructor: Lori Good

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.118	T	1/23-2/27	3:45-5pm	8-12	6	BR

Sewing for Beginners – **New** \$72

This is a beginning or refresher class for students that have no sewing experience or for students that wish to update their knowledge. The students will start with a simple project and progress to more difficult items. Some sewing machines will be available but it is advised you bring your own portable machine when needed as directed by instructor. Field trip to fabric store will be scheduled after first class meeting

Instructor: Lori Good

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.125	T	1/23-2/27	5:30-7:30pm	16+	6	BR

Art History Exploration – **New** \$42

Learn basic art techniques through the study of great artists from around the world. Each week students will create a unique work of art inspired by the featured artist. Students will work with line, shape, texture, and color theory as they explore the artistic mediums of pencil, oil pastels, watercolor, tempera, and acrylic paint. Featured artists may include Picasso, Magritte, Kahlo, Matisse, and Van Gogh. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.127	M	1/22-2/12	4:30-5:30pm	8-12	4	BPC

Painting and Drawing Exploration – **New** \$42

Express yourself! Students will learn to draw realistic pictures including a self-portrait and still life. Emphasis will be on basic drawing techniques using pencils, oils and pastels. Students will also explore watercolor, tempera and acrylic paints. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Viet Tran

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.128	T	1/30-2/20	6:30-7:30pm	8-12	4	BPC

Marbleized Paper Making – **New** \$42

Create dazzling, swirling designs of beautiful, textured papers. Perfect for making your own holiday wrapping paper or to use as a decorative touch on Scrapbooks, or other craft projects. Simple, easy and fun! Most materials Provided by instructor. List of required supplies will be sent out prior to first class meeting. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.129	M	1/22-2/12	5:45-6:45pm	16+	4	BPC

Art Adventure \$91

A favorite for preschoolers, this course blends creative drama, dance, music and visual arts for a one of a kind program. Children explore the various fields of art with costumes, props, music, arts and crafts and lots of imagination! **The first schedule listed is designed for a Parent/Guardian and child to take the class together, it will be designated with the initials P/C.** The other scheduled entry will allow the child to participate in the class without the parent or guardian required to be present

Instructor: C.L.A.P

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.120 _{P/C}	F	1/26-3/16	9:30-10:15am	2-4	8	BR
212.3.121	F	1/26-3/16	10:15-11:30am	3-5	8	BR

Science of Art – **New** \$42

Picasso meets Einstein in this beginning exploration of the basics of science and art. Students will experiment and explore with science and art in several fun and educational art projects. Each week we will explore a new theme as we learn the basics of fine art and the science behind it. Themes include color theory, perspective, composition, etc. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.122	M	3/5-3/26	4:30-5:30pm	8-12	4	BPC

Scrapbooking for Kids – **New** \$42

Make memories to last a lifetime! Kids will love making their favorite photos come alive as memorable keepsakes. Projects include scrapbook, decorate-a-frame, and other special projects. Most materials provided by instructor. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Rd./Noble Ave

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.132	Th	2/22-3/15	3:30-4:30pm	8-12	4	BPC

Holiday Crafts for Kids – **New** \$42

Perfect timing for gift giving! Create unique works of art while learning about holidays around the world. Projects may include ornaments, clay figurines, pins, magnets, jewelry and picture frames. Students will learn the following skills: Clay sculpture, simple sewing, basic drawing and painting, and basic 3-dimensional sculpture. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Rd./Noble Ave.

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.130	Th	1/18-2/8	3:30-4:30pm	8-12	4	BPC

Holiday Crafts for Teens & Adults – **New** \$42

Create unique works of art to use as decorative touches for your home or to give as unique gifts. Projects may include: ornaments, soapmaking, clay figurines (decorative pins and magnets), jewelry, and picture frames and gift baskets. We will learn the following skills: Clay sculpture, simple sewing, jewelry basics, and soapmaking. Beginners and "non-artists" welcome! **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Rd./Noble Ave.

Instructor: Nicole Austin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.131	W	1/17-2/7	5-6pm	16+	4	BPC

**STAMPorama – New****\$48**

Stamping with ink can be fun and creative. Learn how the experts make beautiful gift cards and learn how to make whacky notecards too. Some supplies will be provided. This class is for beginners but intermediates are welcome too! No experience is necessary. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble

Instructor: Nicole Austin

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.133	W	1/31-2/21	6-7pm	14+	4	BPC

Bling Bling Jewelry for Kids and Teens – New**\$48**

Learn to make earrings, bracelets and necklaces that your friends and family will admire! This class will give you the basic instruction to make great masterpieces. Some supplies will be provided. All that is needed to get started is your great imagination! **Location:** Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble

Instructor: Nicole Austin

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.133	W	3/7-3/28	6-7pm	14+	4	BPC

Young Authors>Returns!**\$42**

Write and illustrate your own book! Kids love to tell stories and in this class children write, illustrate and "publish" their own book. Students will learn different parts of a story (characters, theme, plot, conflict and resolution) and basic art techniques to make their stories come alive. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble.

Instructor: Viet Tran

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.134	T	3/6-3/27	6:30-7:30pm	8-12	4	BPC

DANCE

Ballet/Tap Combo**\$64**

Come join the fun! This class is a joyful introduction to tap and ballet. Learn ballet positions and tap routines using basic steps and have lots of fun developing coordination and a sense of rhythm. Ballet and tap shoes recommended.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.201	T	1/30-3/6	12:30-1:15pm	3-5	6	BR

Anti-discrimination Policy

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal to expand opportunities for people with disabilities to participate in City services, programs and facilities.

Ballet/Tap For Tots**\$57**

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

*No Class 2/17**Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.202	W	1/24-3/14	11-11:55am	3-5	8	BR
212.3.203	Sa	1/27-3/24	11:30am-12:25pm	3-5	8	BR

Hip-Hop**\$80**

Dance to funky hip-hop beats and other pop hit music! This high-energy dance class features exciting dance moves along with basic techniques that make for a great workout! Course culminates with a choreographed performance.

Instructor: Jeziell

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.204	F	1/26-3/16	5:45-6:45pm	5-11	8	BR
212.3.205	F	1/26-3/16	7-8pm	12+	8	BR

Dance and Cheerleading Class**\$64**

A great class for all of you high-spirited kids! This exciting and energized class will teach everyone basic skills for cheerleading and dance. The students will learn creative cheer techniques, choreographed dance routines, easy gymnastics moves and much more! Come jump, shout, move and groove to really cool and fun music! **Note:** socks and sneaker required.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.207	T	1/30-3/6	2:45-3:30pm	5-8	6	BR

Tap/Ballet**\$57**

Get your toes tapping with this fun-filled class. Learn the basics of tap dancing and ballet techniques. Have fun with the graceful moves and improve your coordination and balance. Ballet and tap shoes recommended.

*No Class 2/17**Instructor: Camp Carter Intl.*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.210	Sa	1/27-3/24	11:10am-12pm	6-12	8	BR

Move and Groove Dance**\$80**

Participants dance to entertaining theme music in this fabulous course that features a variety of popular dance styles from hip hop to country to jazz. Children learn to express themselves through creative movement, develop good fitness habits, and build self-esteem. This course is for dancers of all levels and culminates with choreographed performance, complete with delightful costume accessories!

Instructor: C.L.A.P

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.211	Th	1/25-3/15	5:30-6:30pm	5-9	8	BR

Get Up and Dance**\$80**

Get up and dance to funky hip-hop beats and other pop hit music! This high-energy dance class features exciting dance moves along with basic techniques that make for a great workout! Children of all skill levels and abilities will have a wonderful time as they learn to express themselves through creative movement and cool dance moves. Course culminates with a choreographed performance, complete with costume accessories!

Instructor: C.L.A.P

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.212	Th	1/25-3/15	6:30-7:30pm	10-14	8	BR

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**DANCE****Hula Dancing****\$57**

Picture palm trees, the gentle sea breeze and the warm tropical sun while you learn the basic Hula techniques. Each student will learn Hawaiian history of the songs and chants. This class is designed for all levels. Students are required to wear comfortable outfits and should attend class regularly to insure progress with the class.

No Class 2/17

Instructor: Camp Carter

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.213	Sa	1/27-3/24	12-12:50pm	5+	8	BR

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 43.

Bouncin' Babies**\$64**

An active class for all babies and parents. Shake, rattle and roll to exciting and lively music. Use tambourines, shakers, drums, and other fun instruments. The class will also have an emphasis on pre-walking and early walking skills.

No Class 2/17

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.300	T	1/30-3/6	9:30-10:15am	10-18m	6	BR

Dancin' Boogie Babies**\$64**

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop, and boogie away with hula hoops, dancing scarves, bean bags and more. Class will also include tumbling on mats, plus easy stretches and exercises to do with your baby.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.302	T	1/30-3/6	10:30-11:15am	19-30m	6	BR

Kinder-Ready

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music and games to develop socialization skills, eye-hand coordination and motor skills. *Child must be at least 4 years old before the first day of class AND must be entering Kindergarten in Fall 2007. A child may not be enrolled in more than one Kinder-Ready class. **NO EXCEPTIONS.** Each child enrolled must have a parent or adult caregiver help in class and provide a snack during the session as assigned by instructor. Food may be provided for Special Events. **Location:** BR: Berryessa Community Center and BPC: Berryessa Portable Classroom 3466 Grossmont and Noble Ave.

No Class 1/15, 2/19

Instructor: Heyma Trivedi

\$298

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.304	M/W	1/17-4/9	9-11:30am	4+	23	BR
212.3.305	T/Th	1/16-4/3	9-11:30am	4+	23	BR

\$288

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.306	M/W	1/17-4/9	12-2pm	4+	23	BR
212.3.307	T/Th	1/16-4/3	12-2pm	4+	23	BR

\$268

No Class 2/19-2/23

Instructor: Lisa Ballejo

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.308	T/Th	1/23-3/22	9:30am-12pm	4+	16	BPC

Terrific Tots**\$64**

This is a creative, imaginative, and serious fun class for toddlers and parents. Children will do what their bodies are meant to do: move and explore! Class includes activities such as singing and dancing to popular show tunes and preschool songs. Everyone plays with hula-hoops, balls, scarves, and musical instruments. Come jump, run, hop, and frolic around. Be a bird, butterfly, bunny or just be yourself.

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.313	T	1/30-3/6	11:30am-12:15pm	2-3.5	6	BR

Time for Two's**\$196**

Come play with us and meet new friends! The main focus of this class is socialization and learning through play. Children will have free choice of developmentally appropriate activities. A short group time will conclude each class. Some activities may be messy, so come dressed to play. This is a great way to spend quality time with your child. Only enrolled children may attend. No siblings. Food may be provided at special events. **NO EXCEPTIONS. Parental attendance is mandatory at each class meeting. Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

No Class 2/19-2/23

Instructor: Lisa Ballejo

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.314	M/W	1/22-3/19	9:30-11am	2	16	BPC
212.3.314	T/Th	1/23-3/22	9:30am-1pm	2-3.5	16	BPC

Wee Threes & Fours

A socialization program that emphasizes positive self-esteem, following direction and simple learning concepts. Activities include circle time music, song, stories, and arts and crafts. Food may be provided at special events. Children must be potty trained. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

No Class 2/19-2/23

Instructor: Lisa Ballejo, Natta Tannidat

\$258

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.315	M/W	1/22-3/21	12-1:30pm	3-4	16	BPC

\$268

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.316	T/Th	1/23-3/22	12:30-3pm	3-4	16	BPC

Playtime - New**\$68**

Come play with us and meet new friends! Join us for a fun filled hour of crafts, music, games, and stories. This parent/child class emphasizes socialization skills, creativity and circle time activities such as songs, stories and listening games. Parent must attend with registered child only. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.317	T	1/16-2/20	10-10:45am	18-24m	6	BPC
212.3.318	T	2/27-4/3	10-10:45am	18-24m	6	BPC



Parent Toddler Gymnastics – **New** \$57

This is a parent participation class where the parent can work with their child to stimulate development through music, games, and body awareness. Only registered participants are allowed in the class.

Instructor: Dance Arts Academy

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.319	W	1/24-3/14	9-9:55am	22-36m	8	BR

MUSIC/THEATER ARTS

Music Instruction for Orchestral Instruments

We have a special opportunity for students to learn the art of music this coming February! Because math skills can be improved greatly through music instruction, students will gain skills and enjoyment both in music and in math that will benefit them for years. Instruction will be offered at various levels. No experience necessary! Classes will be held at the Berryessa Community Center and at the Alviso Youth/Community Center. Look for more detailed information regarding the Winter program in upcoming bulletins and flyers distributed to the schools.

Parent and Child Keyboard (Level 1) for 4-5yr olds – **New** \$80

Don't miss this chance to introduce your child to the study of piano, note reading, rhythm, and melody through games and fun activities. Each child will have a keyboard for use in class. Fee includes one parent and one child; parent must attend with child. Book fee of \$15 is due at the first class meeting. On the last day of class there will be a recital. **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

No Class 2/19

Instructor: Noteworthy

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.413	M	1/22-3/19	10:30-11:10am	4-5 (1)	8	BNH
212.3.414	M	1/22-3/19	11:15am-12:55pm	4-5 (1)	8	BNH

Piano Keyboard – (Level 1, 2 & 3) \$80

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor, will be collected at the first class. Students must bring their own set of headphones. **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

No Class 2/17, 2/19

Instructor: Noteworthy Music

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.415	M	1/22-3/19	3:15-3:55pm	6-7 (1)	8	BNH
212.3.416	M	1/22-3/19	4-4:40pm	8-12(1)	8	BNH
212.3.418	M	1/22-3/19	4:45-5:25pm	6-12(2/3)	8	BNH
212.3.419	M	1/22-3/19	5:30-6:10pm	6-12(2/3)	8	BNH
212.3.420	M	1/22-3/19	6:15-6:55pm	6-12(2/3)	8	BNH
212.3.421	Sa	1/27-3/24	9-9:40am	8-12(1)	8	BNH
212.3.422	Sa	1/27-3/24	9:45-10:25am	6-12(2-3)	8	BNH
212.3.423	Sa	1/27-3/24	10:30-11:10am	6-12(2-3)	8	BNH
212.3.424	Sa	1/27-3/24	11:15am-12:25pm	6-7 (1)	8	BNH

SPORTS & FITNESS

Our Badminton program has moved to the Berryessa Youth Center on Morrill Ave., San José.

Belly Dancing For All Levels \$64

Learn to Belly Dance! This unique form of dance isolates body movement to build strength and flexibility. This class is for everyone! It's low impact workout is ideal for all body types. Learn the techniques that will help give your body the curves it deserves.

Instructor: Laura Thompson

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.214	T	1/23-3/13	11am-12pm	16+	8	BY

Cool Roller Blades – **New** \$42

Come out and learn how to skate with roller blades in a safe way! This class will teach beginners how to stride, brake and turn around easily with confidence. You must wear a helmet, pads and your own skates to each class.

Instructors: Rosa and Sandra

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.646	Sa	4/7-4/28	1:30-2:30pm	4-6	4	BYC
212.3.647	Sa	4/7-4/28	2:45-3:45pm	7-9	4	BYC

Fun Fitness/Tumbling \$64

Come join this active and fun class. Students will learn basic front rolls, back-rolls, somersaults, headstands, bridges, crabwalks, and more. Fitness warm-ups and energizing exercises to music are included. This class enhances your child's coordination, motor skills, balance, strength, flexibility and self-confidence.

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.503	T	1/23-2/27	1:45-2:30pm	3-5	6	BR

Gymnastics \$57

Learn basic floor gymnastics skills such as cartwheels, backbends, headstands, etc. Wear comfortable clothing.

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.504	W	1/31-3/21	4:30-5:25pm	5+	8	BR
212.3.505	W	1/31-3/21	5:30-6:25pm	5+	8	BR

Kinder Gym \$57

Kinder Gym is designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents are welcome to attend the first 10 minutes of the first class and attend the last meeting. Those students with long hair are required to tie it back.

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.506	W	1/31-3/21	10-10:55am	3-6	8	BR
212.3.507	W	1/31-3/21	3:30-4:25pm	3-6	8	BR

Berryessa Community Center continues on the next page

If you see graffiti in a park, please call 408-277-4741





SPORTS & FITNESS

Karate - Beg./Inter.**\$114**

This class is designed for the whole family. Parents are welcome to register along with their child. All classes include self-defense and stress the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught. Wear loose and comfortable clothing the first day of class and check with instructor for more details on clothing requirements. All levels are welcome. There is an additional fee for uniform, belt testing and certification payable to the instructor.

Instructor: Camp Carter Intl.

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.508	T/Th	1/23-3/15	4:30-5:20pm	5+	16	BR

Karate (Shotokan) Beg, Inter/Adv**\$120**

Beg: Funakoshi Shotokan Karate teaches Japanese culture, self-defense, and stresses the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught.

Inter/Adv: Students who have already studied Funakoshi Shotokan and earned the rank of yellow belt and above are welcome in this class. Intermediate and advanced (forms) and tournament style kumite (sparring) geared for Olympic competition are taught.

Wear loose and comfortable clothing the first day of class and check with the instructor for more details on clothing requirements. All levels are welcome. There is an additional fee for uniform, belt testing and certification payable to the instructor.

*No Class 2/19**Instructor: Funakoshi*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.510	M/W	1/22-3/19	4:30-5:25pm	5+	16	BR

Kidz Love Soccer (KLS)**\$79**

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. **Tot Soccer: 3.5-4 years-**Encourages motor skills and introduces small children to the group setting.

Pre-Soccer: 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. **Soccer 1: 5-6 years-**Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. **Soccer 2: 7-8 years-**Same as Soccer 1, also introduces team tactics. **Soccer 3: 9-12 years-**Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics.

*No Class 2/19**Instructor: Kidz Love Soccer*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.511	M	1/22-3/19	2:20-2:55pm	4-5.5	8	BR
212.3.512	M	1/22-3/19	3-3:45pm	5-6	8	BR
212.3.513	M	1/22-3/19	3:50-4:35pm	7-8	8	BR
212.3.514	M	1/22-3/19	3:50-4:50pm	9-12	8	BR
212.3.515	M	1/22-3/19	4:55-5:25pm	3.5-4	8	BR
212.3.516	Sa	1/27-3/17	9-9:30am	3.5-4	8	BR
212.3.517	Sa	1/27-3/17	9:35-10:10am	4-5.5	8	BR
212.3.518	Sa	1/27-3/17	10:15-11am	5-6	8	BR
212.3.519	Sa	1/27-3/17	11:05-11:50am	7-8	8	BR
212.3.520	Sa	1/27-3/17	11:05am-12:05pm	9-12	8	BR

Mommy/Daddy & Me Soccer**\$79**

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun, age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

*No Class 2/19**Instructor: Kidz Love Soccer*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.521	M	1/22-3/19	3:15-3:45pm	2-3.5	8	BR
212.3.522	Th	1/25-3/15	11:30am-12pm	2-3.5	8	BR
212.3.523	Sa	1/27-3/17	2:30-3pm	2-3.5	8	BR

Tennis/Private Lessons for 1:1 or Groups of 4**\$200**

Have you ever wanted to take tennis lessons but the lessons didn't fit into your schedule? Now you have no excuse. Take private lessons from one of our tennis instructors who will work with your schedule. Contact the Berryessa Community Center for more information. Your lessons will be tailored to your playing level. So, if you are just beginning or want to brush up on ground-strokes or volleys, this is a great way to do it! Private lessons include four (4) lessons that are 90 minutes each. **Location:** Cataldi Park

Instructor: Ruiz

Course #	Day	Sched. Bet.	Time	Age	Mtg.	Loc.
212.3.540	Sa	3:30-5pm	4 (1.5hr. mtg)	6+	4	CP
212.3.541	Su	9am-12pm	4 (1.5hr. mtg)	6+	4	CP

Tennis - Beginning**\$78**

This class is for the person just starting out, as well as the player who has had a series of lessons and can make contact with the Tennis ball! Learn the basic strokes, etiquette and rules of the game. Bring one can of balls to the first day of class. **Location:** Cataldi Park

*No Class 2/17**Instructor: Staff*

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.525	T	1/23-3/13	3-3:55pm	6-9	8	CP
212.3.526	T	1/23-3/13	4-4:55pm	8-13	8	CP

Instructor: Bob Ruiz

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.527	Sa	1/27-3/24	9:30-10:25am	6-9	8	CP
212.3.528	Sa	1/27-3/24	10:30-11:25am	8-13	8	CP
212.3.529	Sa	1/27-3/24	11:30am-12:25pm	8-13	8	CP

Ice Skating Lessons - New**\$86**

In this six week introductory series, we will cover the proper way to fall down, get up, perform a two foot glide, one foot glide, forward swizzles, forward stroking, backward swizzles, how to stop and introductory spinning. The series includes a 30-minute class once a week and the public session the same day of the class. **Location:** Logitech Ice Center, 1500 S. 10th Street. Students will meet at the Ice Center for each designated class

Instructor: Ice Center

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.530	T	1/16-2/20	4-4:30pm	8+	6	SJIC
212.3.531	T	2/27-4/3	4-4:30pm	8+	6	SJIC

Keep the Activity Guide handy as a reference. . . or recycle it by passing it along to a neighbor, friend or co-worker.

**Ice Skating Lessons for Parent & Child – New \$114**

Spend an hour with your child learning/enhancing basic skating moves. Logitech is offering a six week introductory series that will cover the proper way to fall down, get up, two footed glide, one foot glide, forward swizzles, forward stroking, backward swizzles, stopping and an introductory spin (please be advised some skills may not be covered due to experience level of participants). The series includes a 30-minute class once a week and the public session the day of the class price. **Location:** Logitech Ice Center, 1500 S.10th Street. Students will meet at the Ice Center for each class.

Instructor: Ice Center

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.532	T	1/16-3/6	2:30-3:30pm	3-7	8	SJIC
212.3.533	T	3/13-5/1	2:30-3:30pm	3-7	8	SJIC

Yoga \$58

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders, and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture

Instructor: Laura Thompson

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.710	T/Th	1/23-3/15	10-11am	16+	16	BYC

SPORTS LEAGUE**Tennis League \$78**

This is a great opportunity for children of all ages and abilities to play in a non-competitive, fun league. The purpose of the league is to practice what has been taught in previous classes. Children are placed on teams according to their level of ability.

No Class 2/17

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.900	Sa	1/13-3/10	1-3pm	6-15	8	CP

Fun-petitive Co-Ed Basketball (5-10 yrs) \$60

Our FUN-petitive Co-ed Basketball league is designed to introduce young athletes, under the age of 12 years, to the fast paced sport of basketball. The athletes will play modified games where they develop positive attitudes about themselves, become Team leaders, learn about the sport they are playing all while having a great time! No scores or league standings will be kept. Our league adheres to the mission and vision of the Positive Coaching Alliance. Family involvement is an essential part of our league. Ask how YOU can become more involved as a volunteer. The cost of the league includes a T-Shirt, trophy, and End of the Season Pizza Party.

Location: BYC-Berryessa Youth Center on Morrill Avenue

Instructors: Staff

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.901	Sa	1/27-3/24	9-11am	5-6	8	BYC
212.3.902	Sa	1/27-3/34	11am-1pm	7-8	8	BYC
212.3.903	Sa	1/27-3/24	1-4pm	9-10	8	BYC

Competitive Co-Ed Basketball (11-16 yrs) – New \$60

Our competitive Co-Ed Basketball league is designed to teach good-sportsmanship to all of the athletes as well as help them hone their skills to play and have fun in a competitive sport. Participants will increase their self-esteem, learn to have positive attitudes and become Team Leaders! The cost of the league includes a trophy and an after season Pizza Party.

Location: BYC: Berryessa Youth Center on Morrill Ave.

Instructors: Staff

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.904	Sa	1/27-3/24	4-8pm	11-16	8	BYC

SPECIALTY CLASSES**Delicious Mexican Cuisine – New \$42**

Learn some of the most favorite recipes that bring pleasure to your appetites and compliments from your friends and family. Learn the techniques that tradition has passed down from past centuries. **Location:** BNH: Berryessa Noble House, 14630 Noble Ave & Grossmont .

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.601	Sa	1/27-2/10	10:30am-12pm	14+	3	BNH
212.3.602	Sa	3/3-3/17	10:30am-12pm	14+	3	BNH

Bento Lunch Cuisine – New \$58

Learn quick, healthy and delicious traditional dishes that will bring envy to your co-workers. This style of food preparation can be a festive way to serve guests at a party. Learn from the best! Natta will share her great restaurant tips and techniques that you will be very happy to add to your repertoire.

Instructor: Natta Tannitad

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.603	M	1/22-2/12	6:30-7:45pm	16+	4	BR
212.3.604	M	3/5-3/26	6:30-7:45pm	16+	4	BR

Candy Making – New Location! \$42

This class will teach children step by step ways to make delicious chocolate and hard candy. No Experience necessary. **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

Instructor: Natta Tannitad

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.605	Th	1/25-2/15	3:30-4:30pm	6-12	4	BNH
212.3.606	Th	3/1-3/22	3:30-4:30pm	6-12	4	BNH

Chess – New \$57

Ever wanted to learn how to play chess, but never could understand it? Here is a class where you will learn the basics of chess. By the end of class you will learn simple strategies and how to develop basic combinations for winning a chess game. This class helps develop critical thinking skills while having fun. Chessboards are provided for the class. There will be a chess tournament on the final day of class.

Instructor: Camp Carter

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.607	W	1/31-3/21	5-6pm	8-12	8	BR

Berryessa Community Center continues on the next page

**Adopt-A-Park**

Looking for a way to participate in your community?
Adopt a park or trail. **Call 408-793-4190**



SPECIALTY CLASSES

Cooking – Appetizers – **New Location!** \$28

Appetizers are the modern style of casual entertaining. They represent tempting foods, beautiful presentation and are made to be shared with friends with great emphasis on simplicity and taste. Appetizers can be casual or formal. Come and enjoy the fun! **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

Instructor: Natta Tannidad

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.608	F	2/9	6:30-7:45pm	16+	1	BNH
212.3.609	Sa	3/24	10-11:15am	16+	1	BNH

Easy Spanish for Children Level I – **New** \$72

Students will learn Spanish while having fun in an immersion Spanish Program. Students will play, sing and be a part of a dynamic and interactive environment. Students will progress through the program as they are taught Spanish through the use of different art projects and themes, i.e., colors, shapes, animals etc. **ONLY** registered kids can be in class. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Staff

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.635	Th	1/25-3/15	4:30-5:20pm	4-7	8	BPC

Easy Spanish for Children Level II – **New** \$72

Pre-requisite: Easy Spanish for Children Level 1

Students will learn Spanish Level 2 while having fun in an immersion Spanish Program for students who have completed Level 1 of Easy Spanish for Children. Students will learn through play, songs and be a part of a dynamic and interactive environment. Students will progress through the program as they are taught Spanish through the use of different art projects and themes, i.e. colors, shapes, animals etc. **ONLY** registered children in the program are allowed in the classroom. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.636	Th	1/25-3/15	5:30-6:30pm	4-7	8	BPC

Manners for Little People – **New** \$99

Designed for young children, this workshop is an interactive course in manners & etiquette where children will have fun as they learn new behaviors. Children apply what they learn in this program at a potluck held the last day of class. Parents are invited to the Potluck! **Room 3**

No Class 2/19

Instructor: Theaterfun

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.637	M	1/29-3/12	3:30-4:30pm	4-7	6	BR

Manners Inc. Workshop – **New** \$99

Designed for boys and girls, this workshop is a fun course in manners & communication skills, both oral and written. Children apply what they learn in this program at a potluck held at the last day of class. Parents are invited to the potluck! **Room 2**

Instructor: Theaterfun

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.638	T	1/30-3/6	3:30-4:30pm	7-12	6	BR

Math Tutoring – **Returns!** \$72

This class gives your child the helping hand needed to succeed and feel more confident in math. Basic arithmetic and learning concepts are reviewed. Students must bring their math homework, their own pencil and paper to each class. Class size is limited to 4 Students. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Rd./Noble Ave.

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.613	T	1/9-2/13	6:30-7:30pm	10-11	6	BPC
212.3.614	T	1/9-2/13	6:30-7:30pm	12-13	6	BPC
212.3.615	T	2/20-3/27	6:30-7:30pm	10-11	6	BPC
212.3.616	T	2/20-3/27	6:30-7:30pm	12-13	6	BPC
212.3.617	Th	1/11-2/15	6:30-7:30pm	7-8	6	BPC
212.3.618	Th	1/11-2/15	6:30-7:30pm	8-10	6	BPC
212.3.619	Th	2/22-3/29	6:30-7:30pm	7-8	6	BPC
212.3.620	Th	2/22-3/29	6:30-7:30pm	8-10	6	BPC

Reading Remedies – **Returns!** \$72

This reading tutorial class helps improve your child's vocabulary, spelling, and reading comprehension. Parents must provide appropriate and interesting reading materials, lined paper, and a pencil for their child to bring to each class. Class size is limited to 4 children per class. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Rd/ Noble Ave.

No Class 1/15, 2/19

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.621	M	1/8-2/26	6:30-7:30pm	6-7	6	BPC
212.3.622	M	1/8-2/26	6:30-7:30pm	8-9	6	BPC
212.3.623	M	3/5-4/9	6:30-7:30pm	6-7	6	BPC
212.3.624	M	3/5-4/9	6:30-7:30pm	8-9	6	BPC
212.3.625	W	1/10-2/14	6:30-7:30pm	9-10	6	BPC
212.3.626	W	1/10-2/14	6:30-7:30pm	6-7	6	BPC
212.3.627	W	2/21-3/28	6:30-7:30pm	8-9	6	BPC
212.3.628	W	2/21-3/28	6:30-7:30pm	9-10	6	BPC

Mosaic Crafts Workshop – **New** \$42

Transform ordinary frames, vases and other household items into instant works of art! Perfect for adding the perfect decorative touch or giving as gifts. A complete list of materials will be mailed out before the first day of class. **Location:** BPC: Berryessa Portable Classroom, 3466 Grossmont Dr. & Noble Ave.

Instructor: Nicole Austin

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.632	W	1/24-2/14	5-6pm	12+	4	BPC

Photography – **New** \$43

Learn the basics of photography. You will have the opportunity to find interesting scenes to photograph in the park. Start you own scrapbook with the pictures you take. This class is perfect for boys and girls who want to be creative. There is a \$30 supply Fee payable to the instructor.

Instructor: Camp Carter

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.633	W	1/31-3/7	3:45-4:45pm	12-15	6	BR

**Poem Crazy - New****\$99**

At the conclusion of this six-week workshop, the young poets will have learned the values of journal writing and will have completed a number of original poems to read at their very own poetry reading. Exercises are based on research done on California Poets in the Schools and the California Standard of Education. **Room 3**

No Class 2/19

Instructor: Theaterfun

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.634	M	1/22-3/5	4:45-5:45pm	7+	6	BR

Thai Cooking Made Easy - New**\$58**

Come and have fun learning how to make delicious popular Thai dishes. Get introduced to the world of the most famous Thai dishes such as Thai Salad, Padthai Noodle, Green Curry and much more. A former Thai restaurant owner will instruct you on how to buy and choose ingredients, prepare the dishes, taste and sample and take recipes home to share with family and friends. **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

Instructor: Natta Tannitad

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.629	T	2/6-2/27	6:30-8pm	14+	4	BNH
212.3.630	T	3/6-3/27	6:30-8pm	14+	4	BNH

The Joy of Theater Workshop - New**\$99**

In this six-week workshop, students explore movement, puppetry, rhythm, mime and acting in a supportive, non-threatening environment. Classes on costuming, directing scenery and set design are also included.

Instructor: Theaterfun

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.639	T	1/23-2/27	4:45-5:45pm	7+	6	BR

Puppy & Dog Obedience - New**\$48**

Students will be taught to train their dogs to heel, sit, stay, down, stand for examination, recall, socialize, problem solve and to care for their dogs. Dogs must be at least 3 months old, have a current shot record and come to class with a leash. The first class will be an orientation for dog owners who must be at least 12 years old. Please leave your dog at home for the first class meeting only.

Instructor: Terril Otis

Course #	Days	Date	Time	Age	Mtg.	Loc.
212.3.640	Sa	1/27-3/10	10:45-11:45am	12+	6	BR
212.3.640	W	1/31-3/7	5:30-6:30pm	12+	6	BR

O-Sushi Workshop - New**\$54**

Learn to prepare the rice for and make Nigiri Sushi, California Roll, Maki Sushi, Inari Sushi and more. Bring an Apron, containers for some leftovers and a dish towel. This class is fun and informative! **Location:** BNH: Berryessa Noble House, 14630 Noble Ave & Grossmont Dr.

Instructor: Natta Tannitad

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.645	Th	1/25-2/8	6:30-8:30pm	18+	3	BNH

ADULT CLASSES**Step Aerobics - New****\$43**

The hottest aerobic workout in existence today. Works the whole body and burns calories. Wear loose fitting clothing to class.

No Class 2/17

Instructor: Camp Carter Intl.

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.701	Sa	1/27-3/10	11:30am-12:20pm	14+	6	BR

Sewing Circle - New**\$58**

Need help and encouragement to finish that "unfinished item"? Come and join a wonderful group and have fun while you work on a special project-soft dolls/toys, sewing, quilting, embroidery etc. See what others are doing; and get great ideas. Beginners through advanced are welcome- basic craft skills recommended. A few sewing machines are available, patrons are encouraged to bring their own machines whenever possible. Lab Fee: \$6 **Location:** BNH: Berryessa Noble House, 14630 Noble Ave. & Grossmont Dr.

Instructor: Lori Good

Course #	Day	Dates	Time	Age	Mtg.	Loc.
212.3.138	T	1/23-2/27	12:45-2:45pm	18+	6	BNH

Aerobics**\$76 M/ W / \$56 Sa**

Work at your own pace to a high-energy format. In class you will get your overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness is put to music. No children allowed in class. Please bring a floor mat or towel.

No Class 2/17, 2/19

Instructor: Martin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.702	M/W	1/22-3/14	9-10am	18+	15	BR
212.3.703	Sa	1/27-3/10	9-10am	18+	6	BR

Cardio Sculpt**\$78**

A co-ed activity with a combination of aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women more shapely while becoming more fit. A good way to help reduce the effects of aging. Make your heart happy! Non-competitive. Work at your own level from easy to advanced. Even couch potatoes can be successful here!

Instructor: Martin

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.704	T/Th	1/23-3/15	6-7pm	18+	16	BR

Family Karate**\$114**

This class is for adults and families. Get a great workout together. All classes include self-defense and stress the importance of self-confidence and mental discipline. Katas (forms) and tournament style kumite (sparring) are taught. Wear loose and comfortable clothing the first day of class. There is an additional fee for uniforms, belt testing and certification payable to the instructor. All levels are welcome.

Instructor: Camp Carter Intl.

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.705	T/Th	1/23-3/15	7:30-8:20pm	5+	16	BR

**"Sports For All"****Through Citywide Adapted Sports!**



THERAPEUTIC PROGRAMS

Register at Alum Rock Youth Community Center

Kinderfun

\$90

A play program for children with developmental disabilities. The class includes music, games, arts and crafts, movement activities and field trips. Food will be provided for all cooking projects. Bring a sack lunch to each class.

Course #	Day	Date	Time	Age	Mtg	Loc
263.3.807	Sa	1/27-3/13	9:30am-12:30pm	5-10	8	BR

SENIOR PROGRAM

For information on Berryessa Senior Program, see page 14.

SAN JOSE AFTER SCHOOL

Berryessa Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-251-6392.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites will offer integrated recreation, literacy and math enrichment programs.

Please contact your Community Center for more information on program site levels.

Sites	Time
Berryessa Branch Library	*
Brooktree Elementary School	*
Cherrywood Elementary School	*
Independence High School	*
Laneview Elementary School	*
Morrill Middle School	*
Noble Elementary School	*
Northwood Elementary School	2:30-5pm
Piedmont Hills High School	*
Piedmont Hills Middle School	*
Ruskin Elementary	*
Sierramont Middle School	*
Summerdale Elementary School	2:30-6pm
Toyon Elementary School	2:30-5pm
Vinci Park Elementary School	*
Majestic Way School	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Berryessa Youth Center

1970 Morrill Ave. San Jose, CA 95132

Phone: 408-262-1014

Fax: 408-262-1060

Bus Line: 64

Berryessa Youth Center strives to provide quality recreational activities, educational and cultural programs to the youth of the community. The Youth Center works collaboratively with the school to ensure that all youth have access to safe meaningful programs designed to meet their needs.

Drop-In Hours

M, T, W, F 2:30-5:30pm • Th 1-5:30pm

Drop-In activities include:

Homework Time • Drop-in Sports available in Gymnasium

Game Room/ Lounge Area

For ages: 11-18 yrs. with valid middle school or high school ID.

Membership Fee: \$40 with current student ID During 06-07 school year.

Please call the Berryessa Youth Center at 408-262-1014 to see if the Afterschool Program is FULL before registering.

SPORTS & FITNESS

Belly Dancing For All Levels – **New**

\$64

Learn to Belly Dance! This unique form of dance isolates body movement to build strength and flexibility. Youthful and more mature bodies will appreciate this body toning class. This class is low-impact and ideal for all ages and body types. Get exercise and be healthy in a fun and supportive environment.

Instructor: Laura Thompson

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.200	T	1/23-3/13	6:15-7:45pm	16+	8	BR

Coed Badminton – **New**

\$68

Learn the fastest racquet sport in town! Basic fundamentals, techniques and skills for badminton will be taught to students ranging in age (6yrs +). Classes will be for beginners, intermediate and advanced levels. Instructors will assess your skill level at the first class meeting. Participants must wear proper attire: T-Shirt, shorts or warm-up pants and appropriate court shoes, (no heels allowed on the court). Participants must bring in their own badminton racquet, new birdies and a full water bottle to each class. Food and beverages (other than water) is not allowed in the Gymnasium.

Instructor: William Huang

Course #	Day	Date	Time	Age	Mtg.	Loc.
212.3.500	F	1/12-2/16	6:30-8pm	6+	5	BYC
212.3.501	F	2/23-4/6	6:30-8pm	6+	5	BYC



Parks and Recreation is for everyone!

Let us know what
accommodations we can make
to meet your needs!